

2015
Healthy Lifestyles
and
Health Rewards

Healthy Lifestyles Program Components

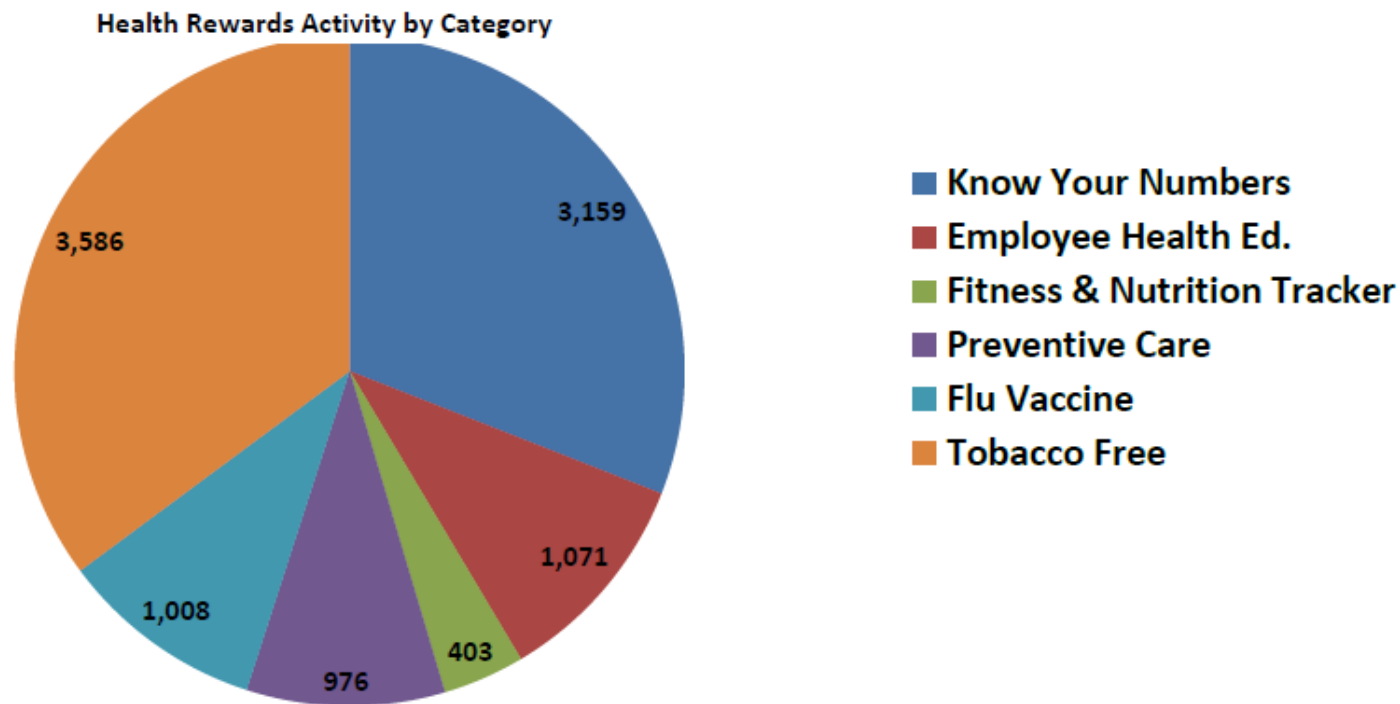
- Take your Health Assessment Tool (HAT) called the “Well-Being Assessment” and receive a \$200 Health Reimbursement Arrangement (HRA)
- Create a well-being plan based on the results of your HAT and your own personal goals
- Get access to wellness resources, including videos, articles, healthy recipes, online health coaching and more
- Connect with people using social media and challenges

Health Rewards Program Components

- Rewards employees for living a healthy lifestyle
- Employees can earn Health Rewards for activities such as:
 - Know Your Numbers Health Screening
 - Participating in Fitness and Nutrition Activities
 - Completing the Employee Health Education Program
 - Getting an Annual Check Up with a Health Provider
 - Getting a Flu Vaccination
 - Tobacco Free

Healthy Lifestyles & Health Rewards 2014 Results

As of 11/30/2014: **6,977* (71%)** employees have completed the HAT and engaged in the Healthy Lifestyles Program

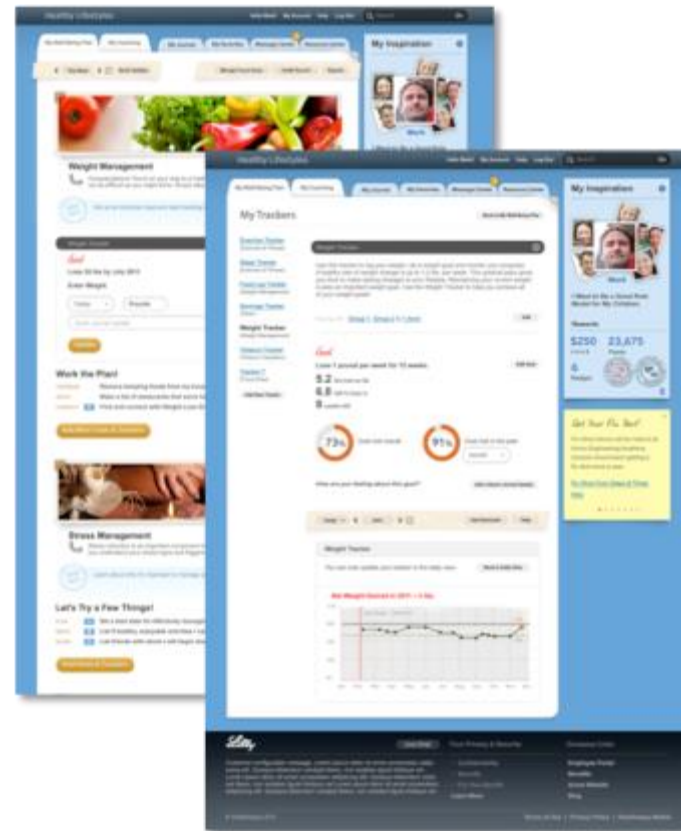


*Total HAT completions for 2013: 5,543

Healthy Lifestyles Online Well-Being Improvement Solution

FEATURES

- Personalized member home page
- Self-improvement planning that includes suggestions and goals to manage stress, anxiety, exercise, nutrition, medical self-care, depression, quitting tobacco, medication and appointment adherence
- Health and wellness practices, references, recipes and self-care tips for all family members
- Access to QuitNet, a comprehensive, Internet-based approach to tobacco cessation that includes an online community of more than 1 million members
- Set up email, text message or phone reminders for goals you are tracking
- Online health coaching from certified personal trainers, registered dietitians and accredited psychologists - all available to answer member questions
- Based on user input, integrated assessment data and behavior change science, the site presents tailored Well-Being Plans



Fully integrated platform designed specifically to support fitness, nutrition, tobacco cessation, preventative healthcare and other aspects of health and well-being

Healthy Lifestyles wellbeingGO™ iPhone, iPod Touch, Android App



Healthy Lifestyles

**Accessing
Healthy Lifestyles
via anthem.com**

Go to **anthem.com** and log in using your Anthem username and password.

Providers | Employers | Agents/Brokers | State Sponsored | Federal Employee Program (FEP)

Anthem. BlueCross BlueShield

MEMBER LOG IN [Guided Tour](#)

Register Now [LOG IN](#)

[Learn more about Secure Log in](#)

[Forgot Username](#) or [Password](#)

USEFUL TOOLS

- [FIND A DOCTOR](#)
(Dentist, Pharmacy, or Hospital)
- [REFILL A PRESCRIPTION](#)
- [CHECK CLAIM STATUS](#)

Social Summer Games

[GO FOR THE GOLD!](#)

Get a Free Instant Quote

- ☐ Medicare Solutions
- ☐ Individual & Family plans (Health, Dental, Vision & Life)

[START](#)

Network Cost

A large network helps keep your share of the cost lower, so you can start saving from day one of coverage.

In the News

- We're improving our website – check it out
- Our parent company's agreement with IBM to develop Watson technology


If this is your first visit to anthem.com, select **Register Now** to complete the registration screens. Once you've registered, log in to get started.


Select the **Health & Wellness** tab.


The screenshot shows a web portal interface. At the top, there is a navigation bar with three tabs: 'Benefits & Claims', 'Health & Wellness' (which is highlighted with a red oval), and 'Customer Support'. Below this, there is a sub-navigation bar with 'Overview' and 'Profile' tabs. The main content area is divided into two columns. The left column contains a 'Welcome,' message with a green person icon, a 'Go Paperless, Go Green' message with a globe icon, and a 'Learn more' link. The right column contains a 'Message Center' section with an envelope icon, a description of the secure message center, a list of features (Send messages, Check status, Include attachments), and a 'Go to Message Center' link. Below these sections, there is a 'Benefits' section with tabs for 'Health' and 'Pharmacy'. The 'Active Coverage' section on the left lists 'Eligibility Start Date:', 'Member ID:', 'Group Name:', and 'Group:'. The 'Who Else Is Covered?*' section on the right includes a disclaimer, a list of 'Covered dependents under 18 years old', and a blue person icon with a 'Health | Pharmacy' link below it.

Benefits & Claims **Health & Wellness** **Customer Support**

Overview Profile

 **Welcome,**

 **Go Paperless, Go Green**
Every little bit counts. Reduce clutter and help our environment.
[Learn more](#)

 **Message Center**
The secure message center is now easier to use!

- Send messages to our Customer Support Representative
- Check status and view responses to questions you've sent
- Include attachments with your messages

[Go to Message Center](#)

Benefits [Health](#) | [Pharmacy](#) [View All Benefits](#)

Active Coverage

Eligibility Start Date:

Member ID:


Group Name:

Group:


Who Else Is Covered?*

*Other adults on your plan may not be shown here unless they give you permission in the User Profile of their own secure Member Log In.

Covered dependents under 18 years old


[Health](#) | [Pharmacy](#)

To access Healthy Lifestyles, select **Get started >** under the Healthy Lifestyles section.

**Benefits & Claims**


Health & Wellness

Customer Support

OverviewWellness Tool KitImprove Your Health

360° Health Philosophy


- [What is 360° Health?](#)
- [See 360° Health in Action](#)



Health Assessment

Now that you have completed or updated your MyHealth Assessment, see how your health compares to others in your age group by clicking on the link below to view your personalized summary.

Want to improve your health? Try the fun, interactive tools available in your personalized summary to see which changes will do the most to raise your score.




[View my HA now >](#)

Healthy Lifestyles

Gain control of your health.
With Healthy Lifestyles you can:

- Set practical goals
- Create fitness, nutrition and stress management plans tailored to your lifestyle
- Report your activity and track your progress
- Start a tobacco cessation program -- and quit for good
- Access expert health coaches and various online resources to help you reach your health goals.



[Get started >](#)

Health & Wellness in Your Area

[Journey Forward - Tools and Resources for Cancer Survivors](#)

Accept the Healthy Lifestyles Terms & Conditions and click **Submit**. Congratulations, you're registered!

Healthy Lifestyles

Welcome to Well-Being Connect

Welcome Jane Smith

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☒ I Accept the Terms & Conditions


Submit

Select **Well-Being Assessment** to begin completing your 2015 Health Assessment Tool (HAT).

Healthy LifestylesHello Fnmwptestw! Log Out

What inspires you to improve your health?


My Healthy Lifestyles gives you tools, suggestions and inspiration to help you get healthier – which might just make you happier. It's a fun, smart way to overcome obstacles, track your progress throughout the year, and most of all, stay inspired. Step by step, you can improve the way you feel. The very first step is figuring out where you are right now.



Three Steps to Well-Being


Step 1 Assess Your Current Well-Being

Help us learn about your current state of well-being by answering some questions.

[View a Sample Report](#)


Step 2 Your Health Assessment Results

Based on your answers, we'll recommend specific areas for you to work on to improve your health and well-being.

[See a Sample Well-Being Plan](#)


Step 3 Get Started on Your Plan

Get personalized support and motivation to help you achieve your well-being goals.

[See Sample Tools](#)

Take your first step now.

Choose the assessment you would like to take:

[Well-Being Assessment](#) 





















Select **Start** and answer the questions for each section to complete the HAT.

Healthy Lifestyles

Hello Fntestbgcc! Log Out

Step 1 Assess Your Current Well-Being *Step 2* Your Well-Being Assessment Results *Step 3* Get Started on Your Plan

Healthways Well-Being Assessment™

Labs & Biometrics	Life Evaluation	Emotional Health	Physical Health	Work Environment	Healthy Behavior	Basic Access	More About You	Productivity	Employment History
 Start 	 	 	 	 	 	 	 	 	 

This is the first step on your personal path to a happier, healthier you.

The Healthways Well-Being Assessment™ is designed to help us get a good sense of where you are right now, so we can do the best possible job of recommending specific areas for you to work on to improve your health and well-being. It takes about 30 minutes to complete, and your answers are completely confidential.

Congratulations, you have completed your HAT! Click **View Full Report** to view your HAT results. After you've reviewed your results, select **Create Your Well-Being Plan** to personalize your Healthy Lifestyles Program.

Healthy Lifestyles













Hello Fntestbgcc!Log Out

Step 1Assess Your Current Well-Being




Step 2Your Well-Being Assessment Results

Step 3Get Started on Your Plan

Your Well-Being Assessment Results

 Life Evaluation	 Emotional Health	 Physical Health	 Healthy Behavior	 Work Environment	 Basic Access
					

Legend: Your Lifestyle

-  Helping Your Well-Being
-  Hurting Your Well-Being
-  No Impact on Well-Being

How You're Doing

Next: Now it's time to create your Well-Being Plan.

Congratulations! You've completed your first step toward a healthier life.

Create Your Well-Being Plan

Summary of Results

These are your scores and results. You can see how you are doing in each area. View the full report for all the details. No matter what your results are, you deserve our congratulations! You're well on your way to better health and well-being.

View Full Report

Download PDF

Healthy Lifestyles will show the areas that the program can help address. Use the radio buttons to indicate interest in working on each area and click **Next**.

Healthy Lifestyles

Home | Profile | Help | Privacy | Log Out

What You'll Work On

Your Well-Being Plan will be more successful if it includes things that you really want to work on. Here are areas that we can help you address. Indicate the ones you might be willing to work on (or are already working on).

Why were these areas recommended?

Focus Areas Recommended For You	Doesn't Apply To Me	Thinking About It	Getting Ready	Making a Plan	Taking Action	Staying on Course	Not Sure?
Appointment Adherence	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Healthy Eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Help Me Decide
Self Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Help Me Decide
Stress Management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Tobacco Cessation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Help Me Decide

Select from more focus areas

Next

Based on the information provided, Healthy Lifestyles will recommend a primary focus area and two connected focus areas. Use the recommended focus areas or swap them out with others. Click **Next** to continue.

Healthy Lifestyles Hello Firstname Lastname! Log Out

Focus Your Efforts

Based on the information you've given us, we've suggested three Focus Areas, with one as your primary Focus Area. To change or re-prioritize your Focus Areas, use the "Add", "Remove" or "Make Primary" buttons.

Note: You may find that some Focus Areas are not available to you. This could be because the information we have about you suggests this is not an area you need to focus on at this time. Also, selecting one area may prevent you from selecting another area.

My Well-Being Plan

My Primary Focus Area ☐ Use Recommended Plan

Primary Focus Area
Exercise & Fitness
Remove

My Connected Focus Areas

Healthy Eating **Tobacco Cessation**
Remove Make Primary Remove Make Primary

Other Available Focus Areas

Appointment Adherence Add
Stress Management Add

Why were these areas recommended?

Previous **Next**

You can choose to add the trackers that support your focus areas here or add them at a later time. After trackers are chosen, click **Finish** to complete the well-being plan setup.

Healthy Lifestyles

Hello Fnmwptestw! Log Out

Define Your Plan

You're almost ready to start your Well-Being Plan. Each Focus Area includes a tracker that can help you understand your situation better and help you reach a goal. You can add these trackers now, or add them whenever you're ready. And don't worry—you can always change or set your goals later.

Why were these areas recommended?

Primary Focus Area

Exercise & Fitness

In order to get the most out of your focus area we recommend you start using a tracker and set a goal.

Add the Exercise Tracker

You might also want to use the [Steps Tracker](#), [Weight Tracker](#), [Personal Tracker](#)

Healthy Eating

In order to get the most out of your focus area we recommend you start using a tracker and set a goal.

Add the Servings Tracker

You might also want to use the [Food Log](#), [Personal Tracker](#)

Previous Finish

Congratulations, you can start using your well-being plan, trackers and all of the online resources and tools that Healthy Lifestyles has to offer.

The screenshot shows the 'Healthy Lifestyles' website dashboard. At the top, there's a navigation bar with 'Hello Michael!', 'Messages', 'My Account', 'Help', 'Español', 'Log Out', a search bar, and a 'Go' button. Below this are tabs for 'My Well-Being Plan', 'Favorites', 'Groups & Challenges', and 'Resources & Tools'. The main content area is divided into several sections:

- Resources & Tools:** A large banner featuring a green field, a red apple, and a colorful circular graphic.
- Health Records:** A section with a 'Keep Track' button. The text reads: 'Review and update your health awareness, lab results, recommendations, screenings, and medications. You can also update your Lifestyle Profile where you tell us about yourself so we can help you focus your efforts towards well-being.'
- Assessments & Reports:** A section with a 'Review' button. The text reads: 'See the big picture about your health! If you've taken a health assessment you'll find the reports here. You'll also see links to the health assessments available for you to take.'
- My Journal:** A section with a 'Write Now' button. The text reads: 'Use your journal to capture your thoughts about your well-being plan and record other things that are important to you. You can also make quick journal updates to share with others.'

On the right side of the dashboard, there's a 'My Inspiration' section with a 'Go!' button. It features a photo of a person sitting on a bench, with the text: 'Personal Target: I want to be a role model to my girls'. Below this is a 'Badges' section showing a 'Participation' badge with the text: 'Challenge Participant 150 is Nifty Exercise Challenge - 1/1/13 to 3/31/13'. At the bottom right, there's a yellow box titled 'Make time as fit is possible.' with the text: 'You can split up exercise into three 10-minute segments. Yoga before your shower, a walk at lunch and some crunches before bed. Done!'.

Anthem Health Rewards

An easy guide to get you started.



- Program runs on a calendar year basis and begins on 1/1/2015.
- Employees must complete the Health Assessment Tool (HAT) to be eligible for rewards on or after 1/1/2015.
- Employees can choose up to a maximum of three activities of the six activities that will be available and redeem up to 300 points/\$300 dollars in a calendar year.
- For each 100 points earned a \$100 gift card can be redeemed (Troopers, NEPBA, Teamsters) or \$100 HRA contribution is awarded (SEA, Unrepresented).
- A maximum of three \$100 gift cards can be earned in the calendar year. Health Reward points must be redeemed for gift cards by December 31, 2015.
- Activities are reported, tracked and points are awarded at www.anthem.com.

Choose from Six Health Reward Activities

1. Know Your Numbers Health Screenings

Complete a worksite screening or submit a physician form reporting important numbers like blood pressure, body mass index, glucose, and cholesterol.

2. Fitness & Nutrition Activity

Each activity is worth 5 points. A fitness activity is defined as being physically active for at least 30 minutes a day on 5 or more days in a week. A nutrition activity is defined as consuming at least 5 servings of fruits and vegetables on 5 or more days in a week. Employee earns 100 points after reporting 10 fitness events and 10 nutrition events. Enter any date from the week that the activity was accomplished in the Health Rewards online program.

3. Employee Health Education Program

Complete the Employee Health Education Program.

4. Preventive Care

Get an annual check up with a health care provider in 2015.

5. Flu Vaccine

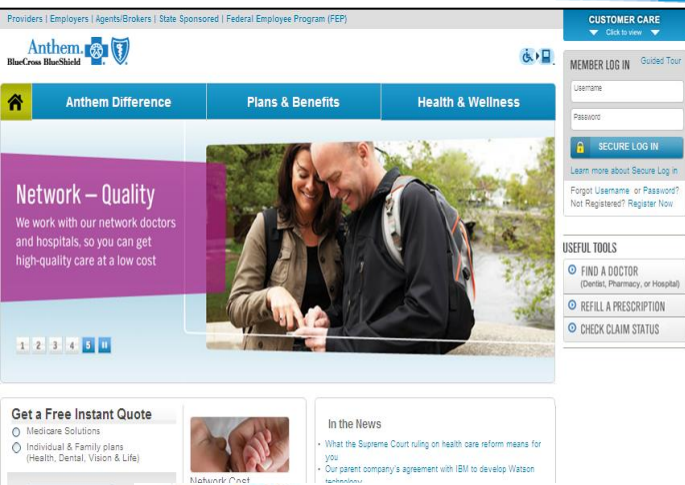
Get vaccinated for the flu during the fall of 2015.

6. Tobacco Free

For employees that do not use tobacco products. Employees that use tobacco can complete an Anthem Health Action Plan with their health care provider or complete the NH Tobacco Helpline cessation program at 1-800-QUIT-NOW (1-800-784-8669).

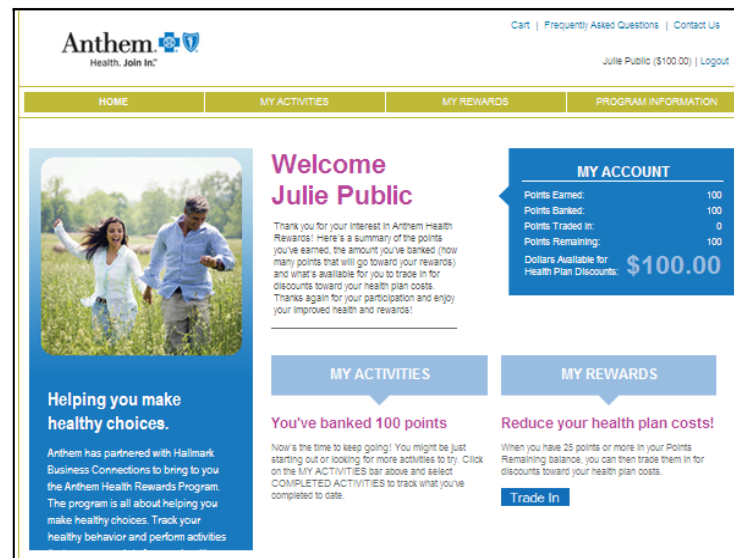
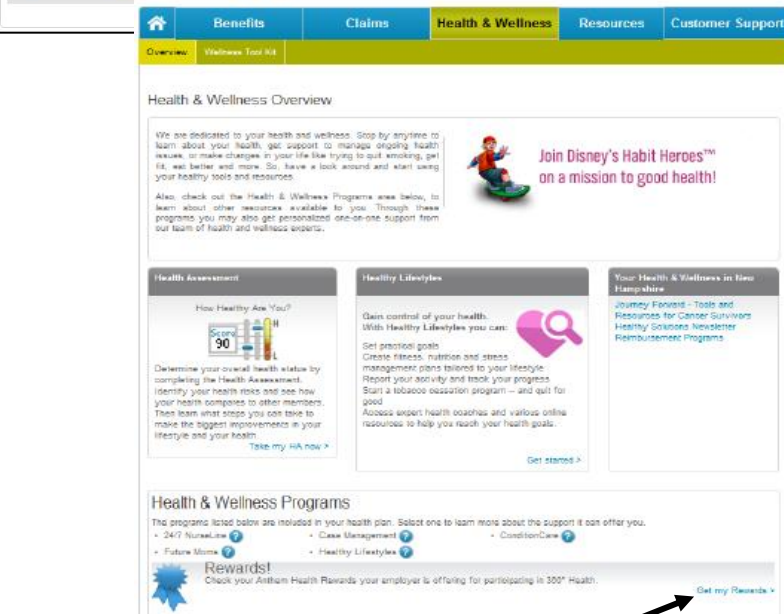
For Additional Details on Each Activity, Visit

http://admin.state.nh.us/wellness/wellness_rewardprogram.html



How to access Health Rewards

Employee visits www.anthem.com and logs in with username and password. Select “Health & Wellness” tab along top of screen once logged in.



...select “Get My Rewards”, and then select “Continue” in window to access your Health Rewards program

In Health Rewards, select “My Activities”

[HOME](#) [MY ACTIVITIES](#) [MY REWARDS](#) [PROGRAM INFORMATION](#)

Available Activities

Below is the list of all available activities and possible reward value for Anthem Health Rewards, and the last date you completed each activity (if this applies to you). The activities that you can report on have a link next to them. Click this link when you've completed an activity and want to report it. Please note: Depending on the rules set up for this program, you may not bank all available activity points. For example, you may only bank points for one physical activity one time per day. You'll receive an explanation any time you don't receive the full point total after you submit your activity.

MY POINTS

Points Banked: 300

Points Remaining: 0

Plan: 29046

Plan Start and End Dates: 1/1/2014 - 12/31/2014

Last Date to Report Activity: 12/31/2015

Plan Level Rules
Completion of Well Being Assessment must be completed before you can receive credit for these activities.
For Access to Medical Waiver Form [Click Here](#)
Points will be auto redeemed

- If your balance reaches: 100 points or more. Maximum points to be redeemed will be 100 points. On Saturday.

☐ Display all other rules below

[Collapse All](#) [Expand All](#)

Activity Groups/Activities	Activity Value	Last Completed	Report Activity
Online Fitness Tracker			
Online Fitness Tracker			
Report fitness activity	5	2/2/2014	Report this activity
Online Nutrition Tracker			

Activity Reporting

You will need to report fitness and nutrition, annual check up, flu vaccination, and tobacco free Health Rewards

Health Reward Activity Reporting



[Cart](#) | [Frequently Asked Questions](#) | [Contact Us](#)

DIANN WILSON (\$0.00) [Logout](#)

[HOME](#)

[MY ACTIVITIES](#)

[MY REWARDS](#)

[PROGRAM INFORMATION](#)

Report Activity

Please review the activity you chose below (if you have selected the wrong activity, click on the "Choose another Activity" link to choose the correct activity). Enter the day you completed the activity and click the "Continue" button. Next, review all of your activity information, check the box saying "I confirm that I've completed this activity" and then click on the "Complete" button. You'll see the total number of points that have been banked. Depending on the rules for your program, you may not bank all of the activity points. You will receive an explanation any time you do not bank all of the points for an activity.

Plan: 12847 [change](#)

Plan Start and End Dates:
Last Date to Report Activity

Completed Activity [Choose Another Activity](#)

Activity: Flu Shot

Activity Points Value:

Completion Date



Enter Completion Date

[Continue](#)

MY POINTS

Points Earned:	425
Points Banked:	325
Points Remaining:	0

Once points are banked, redeem them in “My Rewards” for gift cards (Only for Troopers, NEPBA, Teamsters)

HOME

MY ACTIVITIES

MY REWARDS

PROGRAM INFORMATION

Available Activities

Below is the list of all available activities and possible reward value for Anthem Health Rewards, and the last date you completed each activity (if this applies to you). The activities that you can report on have a link next to them. Click this link when you've completed an activity and want to report it. Please note: Depending on the rules set up for this program, you may not bank all available activity points. For example, you may only bank points for one physical activity one time per day. You'll receive an explanation any time you don't receive the full point total after you submit your activity.

MY POINTS

Points Banked:300

Points Remaining:0

Plan: 29046

Plan Start and End Dates: 1/1/2014 - 12/31/2014

Last Date to Report Activity: 12/31/2015

Plan Level Rules

Completion of Well Being Assessment must be completed before you can receive credit for these activities.

For Access to Medical Waiver Form [Click Here](#)

Points will be auto redeemed

If your balance reaches: 100 points or more. Maximum points to be redeemed will be 100 points. On Saturday.

☐ Display all other rules below

Collapse AllExpand All

Activity Groups/Activities	Activity Value	Last Completed	Report Activity
Online Fitness Tracker			
Online Fitness Tracker			
Report fitness activity	5	2/2/2014	Report this activity
Online Nutrition Tracker			

Choose From A Variety of Gift Cards

Anthem Health Rewards lets you choose from the most popular reward types:

- **Gift cards to leading national merchants such as the ones below or a Visa gift card**
- **It will take 30-45 days to process the redemption and receive your gift card**



amazon.com



Sears



Marriott

Health Reward HRA Contributions (SEA, Unrepresented)

Once Health Rewards points are banked, Anthem will notify ASIFlex to credit employee's HRA account* on a bi-weekly basis. Please Contact ASIFlex for questions about your HRA Benefit Debit Cards and Balances

Phone: 1-800-659-3035

Email: asi@asiflex.com

Website: www.asiflex.com

* Your HRA can be used for out-of-pocket expenses related to your medical and prescription drug coverage including HMO/POS copayments, HMO/POS deductibles and/or POS coinsurance amounts incurred by you and your enrolled dependents. Eyewear and vision exams are included as qualified expenses as well.



Account Detail

File a claim, review your balance, and
access your account statements.

Self Service Menu

Log Out

Fax - Digital Image

[No digital images \(faxed or uploaded\) associated with your PIN are in queue.](#)

Flexible Spending Account Detail

Plan Year: Jan 1, 2014 thru Dec 31, 2014

Account Detail: HRA

Go

HRA
HRA II

MORE PARTICIPANT SERVICE OPTIONS



FILE A CLAIM

[Submit a paperless claim
online.](#)



SECURE MAILBOX

[Review the latest
correspondence from
ASIFlex](#)

MANAGE MY ACCOUNT



CHANGE USERNAME

[Update your username](#)



CHANGE PASSWORD

[Update your password
required for account
access](#)



ADD/CHANGE EMAIL

[Update your email
address on file with
ASIFlex](#)

Anthem Member Services

Contact Anthem for questions about Healthy Lifestyles and Health Rewards eligibility, program technical assistance, or benefit questions

Customer Service: 1-800-933-8415

Email: stateofnh@anthem.com

Website: www.anthem.com